



Boldon Lawn Tennis Club Coaching Programme

June – October 2010
Junior's in BLACK / Adults in RED



DAY	TIME	ACTIVITY	DESCRIPTION	COACH	✓
MON	10.00 – 11.30	LADIES 'coffee' MORNING	SOCIAL TENNIS – Pay 'n' Play	CARLOS	
	12.00 - 13.30	TENNIS & CREAM TEA	Exercise & Treat Yourself to a Scone	CARLOS	
	16.00 - 17.00	MINI-TENNIS	ORANGE	CARLOS	
	17.00 - 18.00	MINI -TENNIS	GREEN	CARLOS	
	18.00 – 19.00	11+ DEVELOPMENT	SQUAD 2	CARLOS	
	19.00 – 20.30	ADULT RUSTIES	BEGINNER/INTERMEDIATE	CARLOS/ANDY	
TUE	16.00 - 17.00	MINI-TENNIS	RED	ANDY	
	16.00 - 18.00	11&OVER MATCHPLAY	DOUBLES AND SINGLES BOX LEAGUES/ LADDERS	TBC	
	17.00 - 18.00	GIRLS ALLOWED	11&OVER GIRLS	CARLOS	
	18.30 - 19.30	ADULT 'CARDIO' TENNIS	DRILLS TO MUSIC – AEROBIC WORKOUT	ANDY/CARLOS	
	18.00 - 21.30	CLUB NIGHT	DOUBLES MATCHPLAY		
WED	16.00 - 17.00	GIRLS ALLOWED	11&UNDER GIRLS	RUBIN	
	17.00 - 18.00	MINI -TENNIS	GREEN	GLENN	
	17.30 - 19.00	11+ DEVELOPMENT	SQUAD 1	RUBIN	
THUR	16.00 - 18.00	11&UNDER MATCHPLAY	DOUBLES AND SINGLES BOX LEAGUES/ LADDERS	TBC	
	17.00 - 18.00	11+ DEVELOPMENT	SQUAD 4	GLENN	
	18.00 - 21.30	LADIES MATCH PRACTICE	DOUBLES MATCHPLAY		
FRID	16.00 - 17.00	MINI-TENNIS	RED	ANDY	
	16.00 - 17.00	PRIMARY CLUB	KS2 PUPILS (YR 3-6)	CARLOS	
	17.00 - 18.00	SECONDARY CLUB	KS3&4 PUPILS (YR7-10)	CARLOS	
	17.00 - 18.00	11+ DEVELOPMENT	SQUAD 3	ANDY	
SAT	9.30 - 10.00	TOTS TENNIS	PARENT & CHILD	ANDY	
	10.00 – 11.00	MINI-TENNIS	RED	ANDY	
	11.00 – 12.00	MINI-TENNIS	ORANGE	ANDY	
	12.00 – 13.30	11+ DEVELOPMENT	SQUAD 1	RUBIN	
	12.00 – 13.30	MINI-TENNIS MATCHPLAY	PLAYING THE GAME	ANDY	
SUN	10.00 – 12.00	MATCHPLAY & JUNIOR CLUB	JUNIOR SOCIAL & MATCHPLAY	CARLOS	
	16.15 - 17.15	ADULT DRILLS	INTER/ADV - SINGLES & DOUBLES DRILLS	CARLOS	
	17.00 - 21.30	MENS MATCH PRACTICE	DOUBLES MATCHPLAY		

WHIT WEEK: 31 May - 6 June ** SUMMER HOLIDAYS: 26 July - 05 Sept ** HALF-TERM: 25 Oct – 31 Oct

COACHING FEES

ADULTS MEMBERS – 1 & 1½ HR SESSIONS - PAY 'N' PLAY £5.00

ADULT NON-MEMBERS - 1 & 1½ HR SESSIONS - PAY 'N' PLAY £6.00

PRIMARY & SECONDARY SCHOOL SESSIONS @ BLT CLUB - PAY 'N' PLAY £2.00

Play 'n' Play

All Play 'n Play sessions are subject to sufficient numbers enrolled. Please phone 2 days before the session to confirm your attendance.


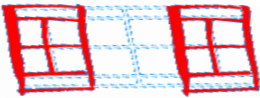
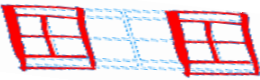
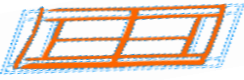

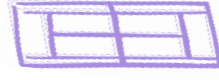
TERMS: 07June to 25 July = 7wks 26July to 05 Sept = 6wks 06Sept to 24Oct = 7wks

PARENT & CHILD MEMBER	JUNIORS & TEENS MEMBERS – 1 HR	JUNIORS & TEENS MEMBERS - 1½ HR	MATCHPLAY – PAY & PLAY MEMBERS
5WK BLOCK £12.28	5WK BLOCK £24.75	5WK BLOCK £37.15	1½ HR £2.35 / 2 HR £3.00
6WK BLOCK £14.85	6WK BLOCK £29.70	6WK BLOCK £44.55	6WK BLOCK £14 / £18
7WK BLOCK £17.33	7WK BLOCK £34.65	7WK BLOCK £52.00	7WK BLOCK £16.3 / £21
PARENT & CHILD NON-MEMBER	JUNIOR NON-MEMBERS – 1 HR SESS	JUNIOR NON-MEMBERS - 1½ HR SESS	MATCHPLAY – PAY & PLAY NON-MEM.
5WK BLOCK £14.88	5WK BLOCK £29.75	5WK BLOCK £44.65	1½ HR £3 / 2 HR £4.00
6WK BLOCK £17.85	6WK BLOCK £35.70	6WK BLOCK £53.55	6WK BLOCK £18 / £24
7WK BLOCK £20.83	7WK BLOCK £41.65	7WK BLOCK £62.50	7WK BLOCK £21 / £28

Sporty People are working in partnership with the committee at Boldon Lawn Tennis Club to provide a full programme

www.BoldonTennis.org

FEES & COURSE INFO

ACTIVITY	COURT SIZE	DESCRIPTION
PARENT & CHILD 		AGE 3+ YRS BALL TYPE - RED SPONGE BALL Work with your child to develop your understanding of the game and help to develop your child's generic skills.
Mini Tennis Red		AGE 4-7 YRS BALL TYPE – RED SPONGE BALL
Mini Tennis Orange		AGE 6-9 YRS BALL TYPE (ORANGE)
Mini Tennis Green		AGE 8-12 YRS BALL TYPE (GREEN)
11+ Boys/Girls Development		11+ SQUADS 1 to 4 BALL TYPE - YELLOW Players will be invited to suitable squad depending on age and ability.
GIRLS ALLOWED 11&Over and 11&Under	Depends on age and ability	GIRLS ONLY SESSION Get fit, learn some skills and make new friends.
MATCH PLAY & JUNIOR CLUB 'Playing to Compete'	Depends on age and ability	Members and Non-members welcome. All standards catered for. Competing is key to developing tactical, technical, mental & physical skills.
SECONDARY & PRIMARY CLUB	Depends on age and ability	Gives players an opportunity to play with some informal coaching.
CARDIO TENNIS <i>'This session will really get your heart Pumping'</i>	Full court	Good aerobic workout and physically demanding. All abilities welcome.
LADIES 'coffee' MORNING	Full court	Learn to play, exercise and have fun.
ADULT RUSTIES	Full court	Meet new friends and learn a new skill.
ADULT DRILLS	Full court	Great for the team or good club players.
TENNIS & CREAM TEA	Full court	Playing is secondary to socialising



Please tick the yellow box above and fill in the application below...

Term (circle): June-July July-Sept Sept-Oct Fee: £ (see overleaf)	Please make cheques payable to 'Sporty People'.
Player's Full Name: _____ DOB: _____	Please put this application form, along with the cheque, into an envelope and hand to the coach at the first session, or post it to: Sporty People, 59 West Percy Street, NORTH SHIELDS. NE29 0DJ The PAR-Q & Child Consent form only needs to be provided once per year. Contact the office on 0191 340 7611 or email: coaching@boldontennis.org
Full Address: _____	
Post Code: _____	
E-Mail Address: _____	
Home Phone No: _____	
Mobile No: _____	
Emergency Phone No: _____	
UNDERTAKING I have read and acknowledge the complete information regarding Enrolment Conditions (found at www.boldontennis.org/pages/25), PAR-Q (Medical & video/photo consent forms & data protection) and have marked clearly the areas where I give my consent.	
Signature of Player or Parent/Guardian..... Print..... Date.....	

ALL TENNIS ENQUIRIES PLEASE CONTACT Carlos on 07966 370527

